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Guarantee to make more Bread
and Better Bread than any others
A. REID

VOL. XXI.

GROSS, London, Publisher.

Ponoka Herald

PONOKA ALBERTA, JUNE 23, 1921

PONOKA DISTRICT, FIRST, LAST, AND ALL THE TIME

McCall Patterns

100, 150 & 200

A. REID

NO. 36

Subscription \$1.50

New Stock And New Prices.

AS most of our Stock is of very recent purchase, it enable us to give our customers every advantage of the markets, right up to the latest Reduction of Prices in every line that we handle.

**Ladies' Coats, Suits,
Dresses, Rain Coats
Parasoles**

**CANVAS SHOES AND SLIPPERS
HOSIERY AND GLOVES**

**Men's and Boys' Canvas Shoes, Tennis Shoes, Sport
Shirts, Etc.**

Revised Grocery List

Most Delicious Monte Apricots, 2 1/2 lb. tins	40c
Peaches, 2 1/2 lb. tins	50c
Pineapple, 2-lb. tins	25c
Evaporated Prunes, per lb.	20c
Pure Strawberry Jam, 4-lb. tin	\$1.00
Pure Raspberry Jam, 4-lb. tin	85c
Jelly Powders	25c
Canned Salmon, per tin	25c, 30c, 40c and 50c
Kipperd Salmon, Flat tins, per tin	10c
Royal Crown Soap, per carton	30c
Golden West Soap, 20 bars	\$1.00
Fancy Blend Black Tea, per lb.	50c
Sweet or Sour Pickles, Olives, Dills, Grape Juice	

**Fresh Vegetables and Fruits in their Season
Highest Prices Paid for Farm Produce**

A. REID

GENERAL MERCHANT

PHONE 15

PONOKA, ALBERTA

The Store FOR MEN

YOUR every furnishing need
is provided for at this
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In Suits, not only do we guarantee you perfect fit, but satisfactory prices combined with quality

We Invite Your Inspection

T. J. DURKIN

**Clothes, Furnishings & Shoes
Ponoka, Alta.**

ROAD CLOSED

Road leading through S.W. quarter of 11-43-25 W4, will be closed on and after July 1.
J. W. HINKLEY, OWNER

FARMERS!

We can save you money on Lumber, Cement, Ties and Wire.
F. J. Bullock,
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FOR SALE

12-24 Waterloo Boy Tractor, 20-hp breaking plow for sale or will trade for livestock.—G. W. Aylwin, Phone 288.

HORSES FOR SALE

A number of first-class horses from 1000 to 1600 lbs.; all broken.—Apply, P. O'DONNELL, Phone 800.

A Square Deal In

OUR
MEAT MARKET

IS THE RULE

Best Quality and Lowest Prices in all
FRESH AND CURED MEATS

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We Handle all Classes of Insurance

PLACE YOUR HAIL INSURANCE WITH US

Let us write your Automobile Policy, and have your Automobile protected against loss by either FIRE or THEFT

An Accident Policy is a good thing to have

We Loan Money on Farm Property

Meiklejohn, Laubman, Halvorsen, Limited

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Edmonton Office: 207 McLeod Building

Editors on Tour

**Canadian Weeklies Convene at
Vancouver.**

No more important gathering of Canadian editors ever assembled than that which took place in Vancouver on June 9-10, when the Canadian Weekly Newspaper Association met in convention. The attendance was surprisingly large, newspapers being represented from every province in the Dominion including ladies, the company numbered about 300.

Before proceeding west the Alberta division met in Edmonton on Saturday afternoon, the 11th, when a full attendance was on hand, and much business pertaining to the craft accomplished.

Monday morning the special train arrived with the editors, delegates, and as was to be expected, the visitors were royally entertained by the citizens of Alberta's capital. A drive round the city under the auspices of the Board of Trade, to be followed by a banquet at the University, when most interesting "under the most favourable circumstances." It was a happy gathering, and afforded ample opportunity to "get acquainted."

Addresses of welcome were given by the Mayor, Hon. Frank Oliver, and others, which were very well received. The fine style, then all aboard for Jasper. The tented city was reached in due course, and a most enjoyable day spent at this fascinating resort. There, many of the party beheld the Rockies for the first time. Short excursions by auto, pony, and on foot were made after which the party left on its western journey feeling grateful for kindnesses shown at the gateway to the mountains.

After some slight delay, caused by mountain floods, Vancouver was reached early Thursday morning, and sessions held in the Vancouver Hotel. The meeting was well attended, and much beneficial work accomplished during the two days. V. C. French, Wetaskiwin Times was elected president for the ensuing year.

Of course Vancouver was up to its reputation for hospitality, and right royally were the visitors entertained—lunch by the Canadian Club, a "clubhouse" on the sea beach, auto drives through the city, theatre, etc. Saturday it was off to Victoria, and there again a warm welcome was in store. A visit to the beautiful Butchart Gardens and the Malahat Drive, likewise to the famous Obsevation tower, where an opportunity was given to view the moon through the largest telescope in the world. Beautiful Victoria, with its beautiful flowers and abundance of fruit, was said good-bye to Sunday afternoon, and the party commenced the homeward trip that evening, the eastern special stopping at several points en route through the mountains.

Not only were the coast cities beautiful and much admired, but it was the mountains that won the admiration of all. The scenery was at its best, every stream a roaring torrent, and to those passing through for the first time, came as a great revelation. Truly the whole trip was one never to be forgotten, and the eastern members return home proud—if that were possible—of being citizens of such a country. The genial and brotherly friendship that was engendered between east and west, as a closer acquaintance was formed, was marked. For a time the eastern friends were inclined to be just "easterners," but the spirit of the west was infectious, and before the break at Calgary we were all one family. The ladies were charming and ideal conversationalists, and metaphorically speaking, won many a western heart, while the gentlemen were all jolly good fellows. Next year's

Provincial Election

Unofficially Set for July 18

The Edmonton Bulletin of Tuesday has this to say:—While it is understood that the date has not yet been finally decided upon by the government, and Premier Stewart, prior to his departure for the south Monday, would positively make no statement on the question, there is strong possibility that the provincial elections will be held on Monday, July 18th.

During the last few days unofficial reports have fixed upon this date as the one upon which the election will likely take place. It is fairly generally conceded that the voting will not be delayed later than July 18th, and numerous indications point to the 18th as being the probable selection of the provincial cabinet.

Sunflower As A Silage Crop.

Much interest is being taken both in Canada and the United States in the value of sunflower as a silage crop, particularly in districts where corn is not a reliable crop. The claim is made that sunflowers are a harder crop than corn, withstanding both drought and frost to a greater degree. Insofar as the claims put forth for sunflowers as a food for cattle are virtually of recent origin, experiments and investigation regarding them are practically in an introductory stage. It is interesting to note, however, that an analysis of sunflower silage fed at an Idaho agricultural experimental station indicated that it compared favourably with corn silage. In Canada also studies of the relative value of sunflowers and corn for silage purpose suggest that in nutrition there is not any great difference, although corn is to be preferred where it can be grown, and the easily grown. Where this is not the case, sunflowers are an excellent substitute.

convention will likely be held in Halifax, and a renewal of the friendship formed will be eagerly looked forward to.

But this narrative would not be complete without mentioning the manner in which the transportation facilities were handled. The finest appointed train was placed at our services. On train and steamboat every consideration was shown. The Canadian National on the way out, and the C.P.R. on steamboat and on the return journey did everything possible for our comfort, and the party left under a deep debt of gratitude to all officials concerned.

FARMERS HAVE CONFERENCE WITH EDUCATION DEPARTMENT

Important Discussion on Educational Affairs—Resolutions of Approval Are Passed

The joint educational committee of the U.F.A. and the U.F.W.A. held its first official conference with the Minister of Education and officials of the Department in Edmonton yesterday. A very full and satisfactory discussion took place regarding all phases of rural school problems. The efforts of the Department to provide High School opportunity for rural children were strongly approved as was also the general attitude of the Department in defending the autonomous rights of the boards. The members of the committee made many helpful suggestions and declared their support of any plan that would equalize the educational burden throughout the province.

After the Conference the members of the joint committee met in the Corona hotel and passed the following resolutions which were forwarded to the Minister of Education.

That we are in favor of the authorized form of teachers' contract with an amendment to clause regarding termination of agreement, making this clause reciprocal and providing, in the event of either party breaking the contract, a minimum penalty equal to one month's salary.

That we favor the principal of the conciliation board.

That we express our approval of the increase in the number of examination centres.

That we are in favor of plan of procedure now followed in forming consolidated schools as outlined to us by the Minister of Education.

That we are glad to note that the number of official trustees has been materially reduced.

That we are in favor of a system of Provincial taxation for educational purposes.

The report was signed by P. Baker, Ponoka, chairman, Mrs. S. M. Gunn, Paradise Valley, Secretary, Stephen Lunn, Pincher Creek, Henry E. Spencer, Elberton.

ELECTRIC LIGHT PATRONS

Take notice that 8 per cent. will be added to your Electric Light Account after the first of the following month in which case, we are, Dating from July 1st, 1921.

W. R. FERGUSON,
Secy.-Treas.

NOTICE RE TAXES

A penalty of 5 per cent. will be added, July 1st, 1921, on all Arrears of Taxes.

W. R. FERGUSON,
Secy.-Treas., Town of Ponoka

J. W. O'BRIEN & SON

HARNESS AND IMPLEMENT DEALERS

McLaughlin Democrat, capacity 1200 lbs.	\$175.00
McLaughlin Top Buggy	195.00
McLaughlin Open Buggy	175.00
Owens' 32-in. Fanning Mill	50.00
Owens' 24-in. Fanning Mill	45.00
4-Horse Power Gasoline Engine	245.00
1-Horse Power Gasoline Engine	95.00
1 Only Boss Wood Harrow, 20 ft.	27.50
Second-hand 12-in. Imperial Gang Plow	70.00

PHONE 60

RAILWAY STREET, PONOKA

Gasoline and Oils

We have installed one of the latest type of Gasoline Pumps obtainable. A share of your Gasoline and Oil is all we ask.

Auto Accessories

We have a stock of Tires, Spark Plugs, Batteries, etc. for all makes of cars.

We Treat You Right, Try Us

M. G. NEFF

Ponoka

Alberta

Stop Fly Swatting

Insure your home against the deadly fly and the disease germs it carries. Good SCREENS keep out Flies.

WE HAVE A LARGE STOCK ON HAND

Phone 74
DONALD AVENUE
PONOKA

Geo. E. Bowker

This Yard will be CLOSED every Thursday afternoon from May 12th to September 22nd

For June Brides

A SYMBOLE of Good Wishes is the Wedding Gift, and your wish is for their lasting happiness. "GIFTS THAT LAST" express this generous sentiment and always bear the memory of the giver.

W. GLAUSER

WATCHMAKER AND JEWELER Issuer of Marriage Licenses

DO NOT BUY

UNTIL YOU SEE OUR

Stock and Get Our Prices

—ON—

Brush Breakers, Cultivators,
Democrats, Buggies
Tractors and Farm Implements

A Complete Stock on Hand

Brady & Morgan

Implement Dealers, Custom Grinding,
Coal, Etc.

THE FURNITURE STORE

**Pathe Phonographs At
Pre-War Prices**

Some Models Cut as Much as \$65.00

These machines play all makes of disc records. They use a sapphire needle to play the Pathe record, not changing the needle.

See these Machines at the New Prices

Singer and White Sewing Machines at Attractive Prices
Terms Arranged

A SNAP ON A USED PIANO. SEE THIS ONE

A Big Saving on Iron Beds till July 1st

12 Foot Linoleum always in Stock

G. L. JAMES

Phone 60 FURNITURE AND HOUSE FURNISHINGS Ponoka

Martin-Senour 100 p.c. Pure Paint

THE PAINT FOR
Wear and Weather

For Exterior and Interior Work. The right Paint for every purpose. When you paint your buildings you do so for two reasons—PROTECTION and BEAUTY—and the paint which serves best is the paint to use.

A. A. GRAHAM

Ponoka, Alberta

Phone 104

OFFICES
OF
TOWN AND
DISTRICT

Local News.

L. Fleming was a business visit in Edmonton this week.

Mr. and Mrs. Joe. Bryan spent the week-end at Hardisty.

Mr. and Mrs. A. Lawrence are spending their vacation at the coast.

Miss Jennie Hambley, of Calgary has been spending a few days' vacation in town.

Dr. and Mrs. Budd left on Saturday on a three weeks' trip to northern Saskatchewan and other points.

Mrs. El. Braach, of Dilabury, was a visitor in the Grand Meadow district last week.

Mr. and Mrs. F. E. Alger, of Peace River, have been visiting in our midst this week.

J. Woodley was a delegate to the Baptist convention, held in Edmonton last week.

John Kerr, of Ottawa, is visiting in town with his son, John A. This is Mr. Kerr's first visit to the west, and he will have no opportunity of seeing it at its best.

Miss Ruth McNish, of Portland, Oregon, is a welcome visitor to our midst. Miss McNish has many warm friends in town and district.

Mrs. Les Gault, of Leduc, visited with her parents, Mr. and Mrs. F. E. Drummond, and friends here the past week, returning to her home on Sunday.

Evan Davies had the misfortune to lose his car and garage through fire Saturday. Nothing daunted, Mr. Davies came to town and purchased another.

Under the auspices of St. Mary's church a lawn social was given at the home of Mrs. J. J. Back on Wednesday evening, of last week. There was a large attendance, and a very enjoyable evening spent.

The ladies of St. Mary's church desire to thank all those who so kindly donated and assisted to wards making the lawn social a success.

Exceptionally fine weather has been enjoyed of late, with just sufficient rain to keep the crops growing. Conditions are very favourable, and the outlook could scarcely be more favourable.

The Chautauque is being held in town at present, and will continue till Tuesday, June 28th. With a first-class programme, there is sure to be large audiences.

No word of John G. Wilson's missing automobile, which disappeared from our streets on Saturday evening, the 14th. The police are making strict enquiry, and it is hoped that the culprits will be brought to justice.

A meeting was called last week for the purpose of discussing municipal hospital matters. Owing to other attractions, just five people attended, and the meeting had to be adjourned. This matter will have to be attended to at no distant date, and it is about time that the citizens were taking note.

School examinations are at present taking place, and the students are having an anxious time. May they have the best of luck.

The post-office has invested in a new mail cart. It's a swell rig, and worth going a long way to see.

J. R. Manly met with a painful accident the other day through the explosion of a dynamite cap. He was working with a pick and accidentally struck the cap with the result that one of his eyes was injured. Medical aid was sought, and it was considered advisable that he should go to Edmonton. An operation was performed and the eye removed. Mr. Manly will have sympathy extended on his regrettable accident.

A football game was played between a team from Inisfail and the hospital team on the later grounds on Wednesday evening of last week. The result was a win for the hospital team by 9 to 2. After the game the visitors were entertained to supper and dance. The hospital has a very fine team, and should make a good stand against any aggregation that may come before them.

We have received a letter from W. K. Wilson, who is journeying in Wisconsin. After stating that they are all well, our friend gets after the high taxes ruling here, and considers it nothing more or less than high-way robbery. The single tax idea is a fraud, and the country would have been better off had the premier, the legislative members, town and municipal secretaries and school trustees died before they were born. Mr. Wilson is a fighter.

Any person wanting a well drilled in or out of town, see J. J. Few.

The Chautauque picnic will be held on Friday, July 1st. The committee promises a great day of sports, full particulars of which will be given in posters. Reserve this date and join the procession.

Lady's rain coat lost in town on Saturday between U.F.A. store and west end of town. Finder leave same at Herald Office.

A dance will be given in the Empire Theatre Friday evening, commencing at 10 p.m.

Smith & Son will serve light lunch during the Chautauque week at reasonable prices.

M. M. Mecklenburg, eye specialist, will be in attendance at the Royal Hotel, Ponoka, on Thursday, June 30th.

CARD OF THANKS

We take this opportunity of expressing our grateful thanks to many friends for the kind expressions of sympathy extended to us through the death of our father. We also sincerely thank the members of Britannia Lodge No. 18, for their kindness.

G. H. MEIER

E. MEIER

MR AND MRS VOFAT

Bathing Caps

Our new stock of Bathing Caps has arrived and includes some very dainty patterns. A special feature this year is a waterproof mesh that adds greatly to the "smartness" of the costume.

Caps, 25c, 50c, 75c, \$1.00
and \$1.50

Water Wings, 40c

Just Received

Pipers Face Powder, in all shades
Armands Toilet Preparations

THE BIRD DRUG CO., LTD.

Phone 79

PONOKA, ALBERTA

Kennedy & Russell's

Demonstration

AND

Sale Of

"4 Pt. ART NEEDLE"

A New and Quick Way for
DOING FANCY WORK

COME IN AND SEE

No Charge to Have a Look Around

KENNEDY & RUSSELL

General Merchants

Phone 9

Ponoka, Alberta

The Best Procurable

A choice Selection of BEEF, VEAL, PORK, LAMB and MUTTON.

Try our Pickled Pork, Corn Beef, Pigs Feet and Tripe.

HOMemade SAUSAGE and HAMBURGER A SPECIALTY.

Home Cured Bacon and Home Rendered Lard and Dripping

—AT—

THE CITY MEAT MARKET

JENSEN & KIERSENER, Props.

Phone 95. Hides and Live Stock bought. Ponoka, Alberta

THE ...
Woodland
DAIRY
Pays

the Highest Cash prices
for Cream and Produce.
Prompt and accurate
returns. Your patronage
invited.

Ben J. Werner

BRANCH MANAGER, PONOKA

Phone Office 58 Residence 12

FARMERS, LOOK!

Fire Insurance at greatly reduced
Rates. It will pay you to get out
from me before insuring your farm
buildings.

W. H. FRIGGSON,

Town Hall, Ponoka

A REAL

JOB

SEE US ABOUT ...

Reboring

OF YOUR CARBAND

GAS ENGINES

of all sizes

OXY-ACETYLENE WELDING

AND TINSMITTING

BROWN & WIANCKO

Opposite Hotel's Store

PONOKA ALBERTA

Phone 145

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FORD PARTS, FORDSON

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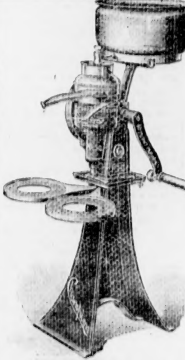
RETYREADING

Tires, Tubes and Accessories

Gasoline and Oil

E. CANNON

Ponoka



**Champion Cream
Separator**

At a Price in Reach of All
With the Broadest Guarantee
In Results, Workmanship and
Material

IF SO GOOD, WHY SO
CHEAP?

Because—
You Save high advertising costs
You Save high paid specialty
Salesmen's expenses
You Save heavy collection costs
You Save extra cost of doing
business on outstanding credits
You Save the extra profit required
in selling on long terms.

NET CASH PRICES

Number 105A 105B 105C

Capacity 250 lbs 300 lbs 500 lbs

Style Bench Stand Stand

Price \$50 \$72.50 \$87.50

Number 105D 105E

Capacity 200 lbs 300 lbs

Style Bench Stand Stand

Price \$97.50 \$110

Alexander & Farrell

Phone 102 Implement Dealers, Real Estate, Custom Grinding, Etc.

Sporting GOODS

We have a nice selection of Sporting Goods

BATS, BALLS, GLOVES and MASKS

FOOTBALLS

TENNIS RACKETS, BALLS, Etc.

WE ARE ALSO WELL STOCKED UP IN PAINT

Let Us Figure Your Requirements

WYMAN & SMALL

Phone 24 Hardware Merchants PONOKA

Mesopotamia For the Arabs

Winston Spencer Churchill Outlines Middle East Policy.

Great Britain's new policy of replacing the existing provisional government of Mesopotamia by the creation of an Arab state, which should be built up around Baghdad and revive the old glory and culture of the Arab race, was announced in the British House of Commons by Winston Spencer Churchill, the colonial secretary.

Mr. Churchill declared that this was a clear policy, definitely chosen and agreed to within the whole Arabian peninsula, and he pointed out the belief that Emir Faisal, son of the king of the Hejaz, would be elected head of the new state.

Mr. Churchill's speech dealt with middle eastern affairs and his visit to Cairo in connection with his appointment as special minister over that area, and had been awaited with great interest for a revelation of the extent of the British commitments in the region and the basis upon which the reduction of military expenditure might be hoped for.

The secretary contended that a policy of appeasement and friendship alone was compatible with the British pledges, and it accepted by the Arab people, it was the best solution that could be reached. King Hussein had already consented that his son Faisal should be a candidate for the throne.

There were no primary or directly strategic interests concerning India or the British Empire in Mesopotamia, Mr. Churchill continued. India could better be defended on its strategic frontier. The British policy was to reduce its burden, without discharging its obligations, by creating a government which would be a friend of Great Britain, and which would also be a friend of France. An Arab army would be created for the defence of the new state.

Next October he hoped to reduce the British occupying army to twelve battalions and when the new state was created in western all the British forces and enter into treaty relations with the new state.

Mr. Churchill announced that the Kurds were not among the people of an Arab state, hence Kurdistan would still be administered by a British commissioner, but he hoped it would eventually join the new state.

Turning to Palestine, he admitted that this was a grave problem. Mesopotamia, but much smaller in a military sense. The Arabs feared it would be swamped within two years by Jewish immigration from Central Europe and Russia, and that the Jews would gain control of Palestine. He pointed out, however, that these fears were quite illusory. No Jews would be brought in beyond the number that could be provided for by the development of the country's resources.

It was only by securing a real and lasting peace with Turkey that the prospect he held out of substantial abatement of the charges falling on both countries in the middle east could be realized. In a detailed statement of the military position in Mesopotamia, he showed that the reduction already effected in the total expenditure for the current year would be £35,000,000, but he hoped that next year the normal expenditure in both Palestine and Mesopotamia would not exceed £10,000,000.

New Printing Process

Expected That It Will Revolutionize All Aspects of Industry.

Suggestion that printing from type is likely to be superseded, was made by William Gamble at the meeting of the World's Congress of Printers held in London, in connection with the International Printing and Allied Trades exhibition. Mr. Gamble said that at least three inventors were trying to develop a photographic process to take the place of printing from type.

He predicted that the machines for printing by photographic process would hardly ever move more than a typewriter nor be more complicated.

He expressed the opinion that eventually the great printing press newspaper offices would give way to smaller, swift running and comparatively noiseless machines which would turn out printed matter with almost the same facility as the moving picture operator reels off his film.

A fellow feeling for your pocket-book is not apt to make you wondrous kind.

DODD'S KIDNEY PILLS

ALL KIDNEY DISEASES

BRIGGS' DISCLOSURE

087 THE PROPHET

W. N. S. 1373

Do Your Ears Buzz? Have You Headaches?

When your ears ring, your head aches, and you seem slightly deaf, or dizzy, beware of Catarrh of the Ears. Catarrh of the Ears is a disease of the middle ear, which is caused by a bacterial infection. It is a common disease, and it is often overlooked. It is a disease of the middle ear, which is caused by a bacterial infection. It is a common disease, and it is often overlooked. It is a disease of the middle ear, which is caused by a bacterial infection. It is a common disease, and it is often overlooked.

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Flying Lifeboat Will Be Launched Soon

If It Proves Seaworthy Many More Will Be Constructed.

The first lifeboat of the air, which has been built with great accuracy, is to be launched soon. After the official tests it will go through a series of tests with the fleet. If it proves to be satisfactory, a large number of lifeboats, on a much larger scale, will be constructed.

The lifeboat is the outcome of three years of secret research and tests. The flying lifeboat will be able to reach a vessel in distress at a speed of more than 100 miles an hour, and it will be able to ride through the roughest storm with the utmost safety of an Atlantic liner. The boats are able to sail along the water.

Their seaworthiness is to be tested by sending them on a long and arduous trip out with the navy where it is to remain at sea for several days without any outside help. The wing span of the one now reaching completion is 140 feet. Safety in the most violent sea will come from the resilience of the hull, which is in one piece from stem to stern. When this hull strikes a huge wave it gives way slightly, but the same way that a pneumatic tire does when it strikes an obstacle on the road."

Contract Awarded For Prince Albert Jail

Biggest For This Year in Province of Saskatchewan.

The biggest contract of the year in Saskatchewan was awarded by the government, when the \$142,800 tender of the P. O. Construction Company, Regina, for the construction of a portion of the Prince Albert jail, was accepted. A separate contract was awarded to the Regina Plumbing and Heating Company at \$63,500. Both tenders were the lowest submitted. The government, before awarding the contracts, decided to eliminate the construction of the east wing this year and the contract was awarded for the construction of the remainder of the building. P. O. Construction Company, of Montreal, were the highest of the eight tenders for the general construction, with a price of \$142,800.

Of course we know that we are better than some others, but we are not asking that it be kept a secret.

The first workshop in the world to be lighted by electricity was the Trenton, of the U.S.A.

MURINE

Keep Your Eyes

Clear - Clear Your Eyes

Eggs in the Diet

BY LORETTO C. LYNCH

An Acknowledged Expert in All Matters Pertaining to Household Management.

Though eggs are cheap, whenever we suggest them as a substitute, someone is bound to remark—"But one grows so tired of eggs, boiled, scrambled, fried, etc."

But there are lots of ways of introducing eggs into the diet besides using them as a main dish. Beginning with soup, have you ever tried eggs in soup? Suppose you have a clear soup. Like all clear soups it is probably lacking in any degree of real food value. Beat an egg slightly and add to it a pinch of salt and one-fourth cup of flour. This is the thickness of a drop batter with a little milk or water. Let it drop into the soup from the teaspoon a little at a time. The soup should bubble a few minutes.

For the salad course, eggs may be used if they have not made their appearance earlier in the meal. Hard cook some eggs, remove the yolks after the eggs have been peeled and cut into half lengthwise.

Mash the yolks with a little dry mustard and either oil or melted butter and any other seasoning. Pack the mixture back into the whites and arrange on a bed of watercress or lettuce. Garnish with strips of brilliant pickles (canned red peppers).

If you desire to have eggs for the main course, try a Spanish omelet. Put one measuring cup of tomatoes into a saucepan. Add about three rounded tablespoons of Spanish onion chopped, half a chopped green pepper, two rounded tablespoons of minced mushrooms, salt and a teaspoon of salt and a bit of butter or a tablespoon of olive oil. Cook slowly about fifteen minutes or until the peppers are very tender.

Rub a mixing bowl with a clove of garlic and then remove it. Into the bowl, break six eggs. Beat sufficiently to just mix whites and yolks well. Make into an omelet on a well greased hot pan. Just before folding, add the tomato mixture, which should be hot. Serve at once.

A woman asked me for a good cake recipe that would not cost too much. Figuring on the basis of eggs, I suggested to her an Old Fashioned Sponge cake calling for five eggs. The woman looked at me and said: "I could not afford to waste five eggs in a cake."

She seemed to be under the impression that if you put eggs into a cake, the food value of the egg sort of automatically disappeared.

Figuring eggs at two-and-one-half cents a piece, five would cost less than thirty cents. If you have this sponge cake for luncheon, however, meat or fish is entirely unnecessary. It is a good lunch. Add a bread and butter sandwich with, perhaps, lettuce between a slice of steamed fish or apple sauce, a dish of sponge cake and glass of milk or cocoa, is ideal.

But here is the recipe for this sponge cake. Beat the whites of five eggs until stiff. Beat the yolks in a separate bowl at least ten minutes by the clock with a Dover egg beater. Then gradually beat into the yolks one and one-quarter cups (measuring) of powder or confectioner's XXXX sugar. Add juice of one lemon and grated rind of half of a lemon.

Slip the beaten whites into the bowl and sift over them one and one-quarter cups of flour. Cut and fold the whites and the flour into the yolk mixture with a wire egg beater or a spoon. Spoon the mixture into a greased muffin cup or bake about twenty minutes in a very moderate oven. This ought to make four layers or one cake about twelve by fifteen inches. Always bake sponge cake in a shallow (never a deep) pan.

If you have space, preserve some eggs in the water-glass solution for sale at groceries and drug stores. The directions come on the container and if followed give perfect results and prove a great help.

Glass Factory Workers Lose Sight. Many of the workmen in the glass factories of Venice began to lose their sight after they had passed their fortieth year and soon became totally blind. The impairment of vision is caused by the excessive heat also by the glare of the flames from the glass furnaces.

Schoolboys, of Craig, Col., contributed the pocket money to make up a deficit in the teachers' salary fund, and thus prevented the school from closing.

When the first photograph was demonstrated to the French Academy of Sciences the assembled audience pronounced it nothing more than a feat of ventriloquism on the part of the operator.

The patriot is loyal to his country and to the community in which he lives. If he is consistent he will give first preference to Canadian-made goods when making purchases. He will also stand loyally by his local dealer.

Students of the English school of archeology have discovered a Macedonian tomb in the Greek province of Borelia, 35 tombs dating from the fifth and sixth centuries before Christ. The condition of the tomb is so deteriorated, has not yet been announced.

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Fund For Disabled Soldiers

Interest on \$20,000 Can be Used for Forty Years.

Mrs. Alexandra L. Schofield, Toronto, who, after leaving a husband of \$30,135, established a fund in her will to be known as the Jack Schofield Fund of \$20,000 to assist permanently disabled soldiers. She died at the age of 40 years, after which the principal is to go to the Canadian Institute for the Blind. Mrs. Schofield established two other funds, one of \$10,000 for The Rest Farm where horses of the Toronto Humane Society may go, and another known as the Sarah Price Fund.

Four Men Manage Huge Business. MacDonald Tobacco Co. Shunned Letter Writing and Telephones.

Recent circulation and approval of an unfounded rumor to the effect that of W. C. MacDonald, Reg'd., Inc., has been acquired by the Imperial Tobacco Co., recalls an industrial history which is perhaps the most remarkable in the chronicles of Canadian business. In these days of gigantic corporations (among such the MacDonald Company is to be considered as one of the largest manufacturing enterprises in Canada), we seldom think of a "one-man business" other than as a good prospect for the assignee; yet the MacDonald institution has always been, still is, and will continue to be during the lifetime of its proprietor, a one-man business in the strictest sense of the term.

The largest producers of plug tobacco in the world, and now among the largest, too, of cut tobacco, it employs an office staff of five persons. Modern business men, especially personal life, are inclined to scoff at this statement, but it is none the less true. A business agent for whom what enigmistic, tactful business genius, the late Sir William MacDonald, was distinguished. In fact the spirit of the late founder still looms large in the conduct of the company's affairs.

William Christopher MacDonald, born in 1858, and since that time the name MacDonald has been one to conjure with in this country. Because in his later life he was continually refused to take cognizance of such modern agencies of business as the telephone, the motor car, the automobile, etc., it has been alleged that he was not a progressive individual, but his success affords ample evidence of a contented and successful life.

While Sir Stewart Brothers have recognized the merits of advertising with the result that their company is one of the largest in the Dominion, while they have taken cognizance of the automobile and of modern equipment, it is none the less true that the industry they control is still guided, and will be during their lifetimes at least, solely by the old-fashioned methods of the old Sir William Christopher MacDonald. Hence, any rumors of the purchase of this business by other interests are at once untrue and illogical.

Chap Linds In Western Canada. Many Americans Are Taking Advantage of Splendid Opportunities.

An idea of the manner in which new western districts are being rapidly settled up may be gleaned from the following clipping from the Atchison Daily Globe: "Atchison county is losing a lot of fine young farmers to Canada. George R. Cox has sold his place in the Deer Creek district, and will go to Canada where he will settle on a new farm in the Battledore district. He recently spent a day with the Canadian Pacific Railroad. Jess Chatham, also of the Deer Creek neighborhood, will accompany him. Dudley Chatham, Wilbur Chatham and Will Kelly, who recently went to Canada from Atchison county, also have farms in the Battledore district."

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When Baby Complains.

THERE ARE MANY WAYS a baby has of expressing any pain or irregularity or digression from its normal condition of health and happiness. A short sharp cry, a prolonged irritated cry, Restlessness, a constant turning of the head or of the whole body, fretful. In these and other ways a baby tells you that something is wrong. Most mothers know that a disordered stomach, or bowels that do not act naturally are the cause of most of baby's sufferings. A call for the doctor is the first thought, but in the event of any delay there should be ready at hand a safe remedy such as Fletcher's Castoria.

Castoria has been used for baby's ailments for over 30 years and has merited the good will of the family physician in a measure not equalled by any other baby's medicine because of its harmlessness and the good results achieved.

And remember this: Castoria is essentially a baby's remedy and not a cure-all for every member of the family. What might help you is too often dangerous when given to a babe.

Children Cry For Fletcher's CASTORIA

Let's Think It Over.

There is such a thing as saying too much on any subject, and the "ground-stand" talker sooner or later becomes a bore. The truth is always welcomed, and the truth reiterated and confirmed is more than welcome—it reaches your innermost soul.

Fletcher's Castoria is all its advertising has claimed for it. Scrutinized by the microscope of public opinion and used for over thirty years it stands without a peer in the hearts of thoughtful, cautious, discerning mothers. And once used, mother-love—there is no substitute for mother-love—will soon try a "substitute" or a "just-as-good."

Measurings under many names drugs that are injurious to the tender babe have found their way into some households, but the light of experience soon casts them out. Are they cast out before it is too late?

MOTHERS SHOULD READ THE BOOKLET THAT IS AROUND EVERY BOTTLE OF FLETCHER'S CASTORIA

GENUINE CASTORIA ALWAYS Bears the Signature of

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.

New Directors Appointed To Garner Crop

Canadian Seed Growers Elect C. H. Clarke President.

George H. Clarke, seed commissioner of the federal department of agriculture, was elected president of the Canadian Seed Growers' association at its annual meeting held in Ottawa. He succeeds Dr. James W. Robertson, who becomes honorary president. Among the directors are: George Dow, of Gilbert Plains, Man.; Dr. Seager Wheeler, of Rosthern, Sask.

How Intense Is the race feeling in the United States between white and black, how easy it is for it to break into flame, is illustrated by the battle in that Oklahoma city in which a hundred lives were lost. The people of Canada have reason to congratulate themselves that they are free from such experiences—Woodstock Sentinel-Review.

It is contrary to the traditions of the British House of Commons for either lords or bishops to be present within its precincts. Members who require indoor recreations are expected to content themselves with chess or draughts.

The "Ribs Club" has been formed by women of Dallas, Texas, whose husbands have a favorite social organization called the "Bopehead Club."

A town cannot grow without business. By helping your local dealer you assist the community.

ECZEMA

It is not marked

MACDONALD'S

it is not Macdonald's

Tobacco.

The Tobacco with a heart

Chas. H. Fletcher

THE CENTAUR COMPANY, NEW YORK CITY.

Chas. H. Fletcher

THE HERALD.

Published at Ponoka, Alberta, every
Friday morning.

Farmers' Aid!

University Week for Farm Young People

One glorious week away from the farm with a taste of the unfamiliar, the fruit of learning has been given to 102 farm boys and girls who gathered at the University of Alberta for the University Week for Farm Young People, held June 8 to 13. They all had a glorious time, and many of the words of one young man who was a boy, "We have had a wonderful time. But it is a week when one can have a good time and still have an opportunity to learn so much. The taste of learning will make a profound impact on these young people who will only be brought out by their renewed interest in education and a new determination to explore the regions of known and unknown things. The week of pleasure and learning will not bring all these 102 new students into the high school and university, but as Mr. O'Connell said, "We are just beginning to realize the value of every bit of power, energy, and industry that we possess, that we may make better use of your opportunity from an economic standpoint."

But it required no strategy, power or ingenuity to enforce the attendance of the delegates on the interesting and helpful sessions. Indeed, the delegates, when the long hours they were used to at home. At the time they were given the long hours they were used to at home. At the time they were given the long hours they were used to at home.

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has done can carry more lasting or beneficial effects where education is concerned than the University Week for Farm Young People. The convention is becoming increasingly popular as evidenced by the increase in numbers over the two previous meetings. Its popularity is secured as well as this province continues to maintain at a present high standard. Some day we may even hope to take the young people of the city to the country to teach them how and by what means they can improve their land, when they get a taste of the rural town and country will be complete.

Asker

Rev. Jeffrey preached a very instructive sermon for U.F.A. Sunday evening. The church was crowded.

Mr. and Mrs. Ravnsberg and O. C. Ravnsberg, also Mrs. M. Wetzel, motored to Wataskia last Wednesday.

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In The Estate of WILLIAM JAMES MUIR, Late of Calgary and of Ponoka, Alberta, and some time of Chilliwack, British Columbia, Farmer, Deceased.

Notice is hereby given to all persons having claims upon the Estate of the above named William James Muir, who died on the 15th day of May, A.D. 1921, are required to file with the undersigned by the 1st day of August, 1921, a full statement duly verified of their claims and of any securities held by them, and that after that date the Administrator will distribute the assets of the estate among the parties entitled thereto, having regard only to the claims of which notice have been so filed or which have been brought to their knowledge.

Dated this 10th day of June, 1921.
S. W. G. Goss, Executor & Administrator
2nd Floor, Merchants' Bank Building,
Edmonton, Alberta
Solicitors for the Administrator

PASTURE TO LET

Half Section good Pasture Land to Let, also adjoining—Apply, H. Fox Peterson, Phone 513, Ponoka.

WHO STOLE THAT CAR?

It is worth all more than it costs to have your car insured against theft. If the car that was stolen Saturday night is recovered it will cost the owner more than the little premium he has to pay.

W. H. FERGUSON
At the Town Hall corner, Box 100

Auto & Tractor REPAIRING

Many years factory assembling and service work both on Autos and Tractors.
Magnetos Repairing, Magnets recharged as good as when factory assembled.

All Work Guaranteed

E. F. ZEBEDEE
Ponoka, Alberta

UNION CAFE

THE BEST PLACE FOR A MEAL.
All Sectors with Special Attraction to Farmers & Traders.
Tables, Buffet & Confectionery.
Ice Cream Soda & Siphon.
MAH GET, Proprietor.
Halter St., Ponoka, Alberta

Notice

To All Car Owners
Back on the job again, and I am handling
Gas, Oils, Tires and other Accessories
and all kinds of Car Overhauling in general.

Reboring All Kinds of Cylinders from 2 1/2 in. to 5 1/2 in. diameter and all kinds of piston & rings in stock. In addition to that, I am prepared to do all kinds of OXY-ACETYLENE WELDING or as I have purchased one of the best outfit in America.

A TRIAL IS ALL I ASK

G. D. CLARK, Jr.
Ponoka, Alberta

Painting and Decorating

Fifteen years on the job, still going strong. Mixed paint patterns come and mixed patterns go. While we may not go on forever we are still doing 90 per cent of the Painting and Decorating in this town.

ALL WORK GUARANTEED

TERMS STRICTLY CASH

J. W. Haggin
Ponoka, Alberta

Swat the Fly

COME IN AND GET YOUR
SCREEN DOORS
AT REASONABLE PRICES
BEST QUALITY SCREEN
Also Combination SCREEN AND STORM DOORS

Easier to keep the flies out than to get rid of them after the house is full of them.

OUR MOTTO—SERVICE

YOURS FOR BUSINESS

Revelstoke Sawmill Company, Ltd.
L. I. STUART, Manager

Telephone 21 Ponoka, Alberta

FOR SALE

Thoroughbred Pellet-Angus Bull, 2 years old—Apply, Lock Box 513, Ponoka.

W. H. FERGUSON
At the Town Hall corner, Box 100

HAIL

It can do you a lot of damage in a short time. It is not necessary for you to take a chance.

DON'T WORRY

A small investment in a policy will let you rest easy.

We also represent strong Companies for Fire, Life, Accident and Automobile Insurance

FARNUM & BUSH
Phone 54 Ponoka, Alberta

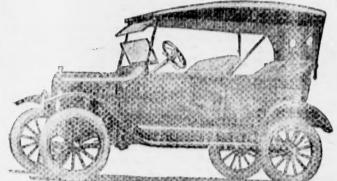
PENDLETON GARAGE

B. E. Pendleton, Prop.
Telephone—Office, 122; Residence, 131
Open All Hours Livery Service

A full line of Accessories and Repairs
All makes of Tires and Chains in stock

FULL STOCK OF FORD PARTS KEPT ON HAND
EXTRA BATTERIES IN STOCK, Batteries Charged

We Solicit a Share of Your Patronage



A TRIAL IS ALL I ASK

G. D. CLARK, Jr.
Ponoka, Alberta

Miles That Cost Less

"Auto-Shoe" miles cost you less than ordinary tire miles, because you get so many extra miles from each and every one. The name Ames Holden "Auto-Shoes" is to help you to remember the cheapest mileage you can buy.

Run one Ames Holden "Auto-Shoe" against the tires you are using—and find the miles that cost less.

AMES HOLDEN
"AUTO-SHOES"

Cord and Fabric Tires in all Standard Sizes

For Sale By

B. E. Pendleton, Phone 122, Ponoka
M. G. Neff, Phone 108, Ponoka

"Grey Sox" Tubes "Red Sox" Tubes

Ponoka Engineering Works

ENGINEERS, ETC.
Central Alberta's Leading Machine Shop
We are equipped with a set of Modern and Up-to-date Tools
The experience that is so very necessary to go with them to insure a good job
HERB J. REES
P.O. Box 22 Proprietor Phone 11

Can't We Help You Build



a new home? No use to pay rent when we are selling lumber and building material at such low prices. Drop in and get estimates from us. You will thank us for the hint.

W. L. STEELE

LUMBER AND IMPLEMENTS PONOKA

Womanly Ailments Affect Beauty

Weekly Health Talk No. 24
By Dr. H. B. Foster, the Chiropractor

Health turns the Clock Backward

Women's ailments peculiar to women affect their attractiveness. The fact is admitted. It is common to the experience of every one. No woman who suffers a decline of her womanly qualities.

Many of these sufferers have been sent to the operating table as a last resort. But with the advent of the science of chiropractic, a great change was brought about. Interference with the transmission of nerve impulses at the spine it has been found, lowers the natural vigor of these organs. Chiropractic spinal adjustments, freeing nerve lines, give Nature a chance to act with vigor and health returns. Few such operations are necessary now.

Hopes Others May Not Wait Too Long

"I was sore and swollen all the time after having fifteen small tumors and two vital organs removed. For five months after the operations I could not walk. As a last resort my husband urged chiropractic. In less than three weeks I could walk and sleep. I wish every suffering woman would consult a chiropractor first. I shall always regret I did not know of it before I surrendered myself to the surgeons."—Mrs. D. C. Clifford, Chiropractic Research Bureau, Statement No. 12911.

HEALTH BEGINS
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